



MAHOVA

News

May 2011

A Monthly Publication of the Masonic Home of Virginia

Ms. Eula Beasley is 103!

Eula turned 103 on April 25 and is currently the oldest resident at the Home! Eula is known for her fun-loving positive attitude. Her niece says, “Eula has always been outgoing, everybody is called honey or children by her.” “I’ve always said, “Eula is like a flower; she blooms anywhere you plant her.”

Eula is a Richmond native, having been born and residing here her entire life. She was the youngest of six children, three brothers and two sisters. Eula’s sisters lived to the ages of 90 and 100. Currently Eula has a large family of nieces, nephews, and great-nieces and nephews.

Eula briefly worked for the American Tobacco Company. She was a caretaker her entire life; she took care of her parents, mother-in-law, as well as three siblings. Eula was married to Archie Taylor from 1938 to 1971 until he passed away. Her second marriage was to Andrew L. Beasley in 1982; whom she met at a dance. Before moving to the Home Eula lived at Beaufont Towers and has been a resident of the Masonic Home for 11 years. Her sponsoring lodge is Manchester #14.

Some of Eula’s passions include dancing, specifically the Jitterbug, music, and her favorite restaurant is McDonalds, where she is guaranteed to order a coffee, cheeseburger, and hot fudge sundae.

Eula is one of 14 residents at the Home that have lived to 100, the oldest being 106!

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Resident Advisory Council

Walter Olphin President—D Wing
Jim Herring V. President—
B Wing
Norma Klebert Secretary, Village
Lovell Harrison Magnolia Court
Harry Bluford D Wing
Ed Lanford B Wing
Judy Burton Village

Health

Here's To Your Good Health!

Orange Juice Helps Keep Cancer Away

According to the American Cancer Society, a low-fat diet rich in fruits and vegetables can play a role in preventing many types of cancers. One such fruit is the orange. Dr. David Rosenthal says, "An easily accessible product like orange juice is also a natural source of essential vitamins like the antioxidant vitamin C, folic acid, thiamin and potassium, along with other nutrients that may lower the risk of disease." Orange juice was shown to reduce the incidence of colon cancer in animals by 22 percent in a study at the Michigan State University.

Have you Heard?

May 20 marks the anniversary of Charles Lindbergh's historic solo flight across the Atlantic in 1927. He left New York in the Spirit of St. Louis and landed in Paris the next day. Upon returning to the U.S., he received a hero's welcome. An old superstition holds that May dew will make you more beautiful and prevent aging. But it must be gathered just at dawn. Magic May dew was the sacred water used in ancient spirit rituals. The birthstone for May is the Emerald and symbolizes loyalty, faithfulness, and friendship. The flower is the Lily of the Valley.

Program Highlights



Nurses Week

May 9– May 13

Thank you to all the nurses for all that you do!

Transportation Week

May 16—May 20

Thank you to Liz White, Margaret Colinger, and Tammy Curtis!



Garden Month

Thank you to all the residents and staff that make the Home more beautiful by tending to the gardens around the Home.

Resident Council Meeting

Monday, May 2

9:30 AM

Dining Room

Food Committee Meeting

Wednesday, May 18

1:00 PM

Private Dining Room

Advisory Committee Meeting

Tuesday, May 17

10:00 AM

Private Dining Room

Activities Committee Meeting

Thursday, May 19

3:45 PM

Solarium

Program Highlights

Monday, May 2	6:00 PM	TV Room	Exercise with a nice After Dinner Walk.
Monday, May 5	12-3:30 PM	Gallery	Shopping with Bonita.
Saturday, May 7	11:00 AM	Dining Room	Henry Knox Field Lodge #349 visits.
Tuesday, May 10	3:00 PM	Multipurpose Room	Communion with Reverend Elder..
Wednesday, May 11	2:00 PM	TV Room	Healthy Living Speaker will be speaking on Ways to Get You Moving.
Friday, May 13	10:00 AM	TV Room	Gentle exercises at Tai Chi with Lily.
Friday, May 13	2:00 PM	TV Room	Chiropractor Dr. Moses Wahl will be speaking on a Healthy nervous system for a healthy life.
Saturday, May 14	2:00 PM	Dining Room	Ice Cream social with Midlothian Lodge #211
Monday, May 16	3:00PM	TV Room	Have a good laugh at Joke Fest and Funny Stories.
Tuesday, May 17	2:00 PM	TV Room	March of Dimes Walk around the home.
Wednesday, May 18	10:00 AM	TV Room	Drink a warm cup of coffee and socialize at Men's Coffee.
Friday, May 20	2:00 PM	TV Room	Try your luck at a variety of games at the Card Social.
Tuesday, May 24	2:00 PM	Multipurpose Room	Ask a doctor questions about Men's health at the Men's Social with Dr. Boone.
Wednesday, May 25	2:30 PM	TV Room	Exercises and stretches with Nancy Glenmore.
Thursday, May 26	2:00 PM	TV Room	Watch "The King's Speech" at the afternoon movie.
Friday, May 27	2:00 PM	Outside by Circle of Flagpoles	Join us in honoring our soldiers for Memorial Day at the Prayer for Peace.
Tuesday, May 31	7:00PM	Dining Room	Dance the night away at the Spring Dance with entertainment by Phil Johnson and a Touch of Class.

Music Entertainment

Sunday, May 1 3:00 PM TV Room	Musical performance by Huguenot United Methodist Church .
Monday, May 9 6:30 PM TV Room	Bluegrass performance by the Rowe Family Band.
Thursday, May 12 6:45 PM TV Room	Performance by the Dancing Grannies.
Monday, May 16 6:45 PM TV Room	Performance by Genie Brickey.
Wednesday, May 18 2:00 PM TV Room	Guitar and vocal performance by Gene Wade.
Thursday, May 19 2:00 PM Dining Room	Celebrate the May birthdays at the Birthday Social with performance by Jan Kessler.
Monday, May 23 7:00 PM Dining Room	Performance by the Million Dollar Band.
Wednesday, May 25 7:00 PM Dining Room	Performance by the Shagg Dancers.
Tuesday, May 31 7:00 PM Dining Room	Performance by Phil Johnson and a Touch of Class.

Movies



Channel 2 and TV Room
6:00 PM



WILL SMITH



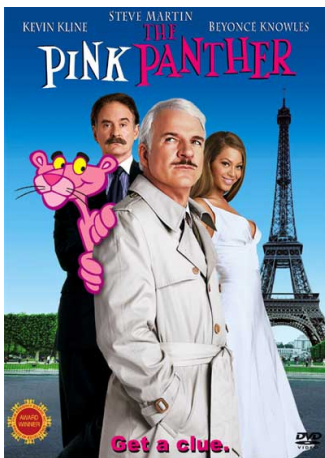
“The Pursuit of Happyness” Friday, May 13

Based on a true story, a salesman and his five-year-old son struggle to build a future for themselves. His determination pays off when he lands an unpaid internship in a competitive stockbroker– training program. Without a salary he and his son are forced to live on the streets, in various homeless shelters, and even in a bathroom. With the love of his son he eventually rises up to become a Wall Street legend.



“Spy Game” Friday, May 20

A top secret CIA mission goes bad and agent Tom Bishop is given 24 hours to live. His boss Agent Nathan battles enemies and the system inside the CIA to save his friend. Hold on to your seat as you watch this adrenaline-fueled movie



“The Pink Panther” Friday, May 27

A star soccer coach is murdered and his Pink Panther diamond is stolen, so inspector Jacques Clouseau and his partner Gilbert Ponton are on the case. He goes from one misadventure to the next leaving mayhem behind him from the boulevards of Paris to the streets of New York. Anything is possible with Inspector Clouseau.

Trips and Outings

Wednesday Shopping Schedule



May 4 White Oak Village
 May 12 Wal-Mart (Thursday)
 May 18 Kmart
 May 25 White Oak Village

	MONDAY	FRIDAY
YMCA Silver Sneakers Fitness Program 9:30 AM	May 9 May 16 May 23	May 6 May 13 May 20 May 27
Tuesday, May 3 9:45 AM	Rising Readers– Highland Springs Elementary School	
Friday, May 6 7:30 PM	Showcase at the ACCA Temple.	
Tuesday, May 10 2:00 PM	Sign up for a winery tour of the James River Winery.	
Wednesday, May 11 10:00 AM	Travel to Staunton, VA for lunch at Rowe's; then shop at the Cheese shop.	
Monday, May 16 1:00 PM	All you gardeners can sign up to go to B & B Nursery.	
Tuesday, May 17 11:15 AM	Take your pick at a variety of restaurants at White Oak Village.	
Thursday, May 19 11:00 AM	Red Hats Club is eating lunch at Teppanuaki Restaurant Remember to wear your red and purple.	
Thursday, May 19 5:00 PM	Dinner with the Grand Master of Virginia In Goochland, VA	
Saturday, May 21 1:30 PM	Season Ticket holders are going to the Glen Allen Cultural Arts Center.	
Thursday, May 26 9:30 AM	Sign up for a shopping trip to VA Center Commons.	

Book Ends By Wanda Lucey

May is a wondrous month— everything is blooming beautifully; the pollen is mostly gone and hurricane season is not yet here— full of birthdays and especially “Mothers’ Day”! We have a good-sized collection of “Mothers’ Day” issues of “Ideals” magazine. They will be on display and you are WELCOME to take home a few to look at and read. (You don’t need to check-them-out, but please return them so we will have them next year.)

You mystery lovers will like Margaret Truman’s “Murder at the Opera” (LP/M/TRU). This is the latest addition to our collection of her mysteries and her imagination continues to surprise me. It’s a great story. Her latest book is one we don’t have, “The President’s House”, in which she shares some of the secrets and history of the White House while she lived there.

Another new mystery (to us) is Agatha Christie’s “Three Blind Mice and Other Stories” (LP/M/CHR). Loving her writings, I was excited to see this one. There are eleven stories in this small, lightweight brief book, and all in large print which will bring you a week-end delight.

A recent gift to the library is the Calder series by Janet Dailey. There is mystery here, but we will house them all in the fiction section (F/DAI) - titles are: “Green Calder Grass”, “Shifting Calder Wind”, “Calder Promise”, “Lone Calder Star”, and “Santa in Montana”. I have thoroughly enjoyed the series (to the neglect of my housework) and know that you will. There is romance, but not enough to scare you fellows away! The Calder family lives in Montana on one of the largest ranches in the country which, of course, makes them pretty rich, even though hard-working ranchers. Good stories, good character identification, and conclusions you can live with. Thank you, Betty Gillie!

I am so delighted to see so many of the “new” large print books we have recently received from various sources! It makes reading so much easier and, consequently, more interesting. Another of our specials by Fern Michaels is “Plain Jane” (LP/M/MIC) who, while in college, was overweight, frumpy, shy—a true nerd. Today, she is a thin, lovely, self-confident, psychotherapist (you will still like her), and hoping to marry Michael, whom she’s known forever. BUT, Jane is haunted by terrible happening just before graduation and she must confront it before getting-on-with-her-life. Good story— one that has been happening for years and we are just beginning to discuss it.

Behind the Scenes

Get to Know Marcia South!

Marcia is the Human Resources Coordinator in the Babcock building and has been working at the Home for six years. She has been in the field of human resources for 31 years, in a variety of fields including; medical/surgical hospitals, psychiatric/behavioral health hospitals, and now a retirement community. A typical day for Marcia involves maintaining the human resources information system, administration of the employee benefits and workers' compensation programs, processing performance evaluations and other payroll transactions, keeping employees files survey ready and helping employees. When asked what her favorite part of her job was, Marcia said, "I like helping the employees, because when the employees are happy in turn they make the residents happy. I enjoy being involved with the employees from the beginning to the end." Marcia has two daughters, one grandson, and one granddaughter. When away from the Home she enjoys spending time with her family, playing with her Jack Russel terrier, Lucy, and feeding the birds.

Anniversary Stories

5/4/1968	John and Agnes Carpenter
5/12/1944	William and Mable Paschall
5/14/1949	Walter and Yvonne Olphin
5/21/1955	John and Betty Long

Bill and Mabel Paschall will be married for 67 years this month. The two were introduced by Bill's sister and their first date was at a park in Richmond. Bill said, "It was love at first sight, as soon as I saw her I said, that's for me." They went on two more dates; on the third date Bill asked Mabel to marry him and she accepted. Bill volunteered to join the Navy and got stationed in Florida. Mabel moved to Florida to be with Bill and they got married on May 12 at the ages of 21. They stayed in Florida for three more years then moved back to Richmond to Chesterfield County. They lived in seven different houses before settling at the Masonic Home six years ago. Bill and Mabel have three daughters, five grandchildren, and six great grandchildren. They said the secret to a successful marriage is, "working together, helping each other, and loving our children." Bill is a member of Meridian Lodge #284 and was Master of his lodge in 1964. He is most well known as a clown with the Shriners; his name was "Sugar Boy"; he chose this name because his father called him sugar boy when he wanted something to be done. Mabel is well known for her crafts; she was an excellent seamstress and has a large number of dolls that she made.

MEMORIAL DAY MONDAY, MAY 31

The Jeopardy Question No One Could Answer

On Jeopardy, the final question was “How many steps does the guard take during his walk across the tomb of the Unknowns?” All three contestants missed it.

Tomb of the Unknown Soldier-Arlington Cemetery

The guard takes 21 steps during his walk across the Tomb of the Unknowns, it alludes to the twenty-one gun salute which is the highest honor given any military or foreign dignitary. He hesitates for 21 seconds after his about face to begin his return for the same reason. His gloves are moistened to prevent losing his grip on the rifle. He carries the rifle on the shoulder away from the tomb. After his march across the path, he executes an about face and moves the rifle to the outside shoulder. The guards are changed every 30 minutes, 24 hours a day, 365 days a year. For a person to apply for guard duty at the tomb, he must be between 5’10” and 6’2” tall and his waist size cannot exceed 30. They must commit two years of life to guard the tomb, live in a barracks under the tomb, and cannot drink any alcohol on or off duty for the rest of their lives. They cannot swear in public for the rest of their lives and cannot disgrace the uniform or the tomb in anyway. After two years, the guards are given a wreath pin that is worn on their lapel signifying they served as guard of the tomb. There are only 400 presently worn. They must obey these rules for the rest of their lives or give up the wreath pin. The shoes are specially made with very thick soles to keep the heat and cold from their feet. There are metal heel plates that extend to the top of the shoe in order to make the loud click as they come to a halt. There are no wrinkles, folds or lint on the uniform. Guards dress for duty in front of a full-length mirror. The first six months of duty a guard cannot talk to anyone nor watch TV. All off duty time is spent studying the 175 notable people laid to rest in Arlington National Cemetery. A guard must memorize who they are and where they are interred. Among the notables are: President Taft, Joe Lewis (the boxer), and Medal of Honor winner Audie L. Murphy, the most decorated soldier of WWII and of Hollywood fame. Every guard spends five hours a day getting his uniforms read for guard duty. In 2003 as Hurricane Isabelle was approaching Washington DC, our US Senate/ House took 2 days off with anticipation of the storm. On the ABC evening news it was reported that because of the dangers from the hurricane, the military members assigned the duty of guarding the Tomb of the Unknown Soldier were given permission to suspend the assignment. They respectfully declined the offer, “No way, Sir!” Soaked to the skin, marching in the pelting rain of a tropical storm, they said that guarding the Tomb was not just an assignment, it was the highest honor that can be afforded to a serviceperson. The tomb has been patrolled continuously, 24/7, since 1930.

In Memoriam

Josephine Faulkner

“Not all of us can do great things. But we can do small things with great love.”
Mother Teresa

Frances Charlesworth

“A Loving heart is the beginning of all knowledge.”
Thomas Carlyle

Happy Birthday to You!

Happy Birthday to the following residents who celebrate their birthdays:

5/3	Ruth Carter	5/20	Gwen Hues
5/3	Elsie Wickham	5/20	Dorothy Fulcher
5/8	Jack Golightly	5/22	Joseph Hogge
5/11	Mildred Milby	5/23	Goldie Simmons
5/12	William Paschall	5/26	Lewis Butler
5/13	Robert Hall	5/26	Jane Barnes
5/13	Alice Walton	5/28	Garland Rollins
5/14	Joseph Crane		
5/19	Anne Winder		
5/19	Edna Alvis		
5/19	Blanche Feitig		

Employee Birthdays

5/1	Susie Jackson
5/1	Connie Trent
5/8	Cheryl Wilkerson
5/10	Lorraine Patterson
5/10	Dennis Tatum
5/12	Belinda Lee-Roberts
5/20	Michael Butler, Sr.
5/22	Edward Owen
5/25	Cynthia Pleasants
5/26	Mari Beavers
5/27	Julia Coleman
5/30	Delores Sherard
5/30	Sabra Sherrill
5/30	Terri Stimis
5/31	Angela Kidd

Welcome New Residents!

Steve and Rebecca Bollinger

Welcome New Employees!

Thagi Chamlaga	Environmental Services	FT
Leisa Liverpool	Nursing	FT
Cheryl Smith	Nursing	FT
Julie Fisher	Administration	PRN
Margie Martin	Food Service	PRN
Tameka Simmonds	Healthcare Administration	PRN

Masonic Home Census -- 219

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